

## **Bleached t-shirts**

What you'll need:

1. T-shirt. 100% cotton works best
2. Freezer paper
3. 50/50 bleach-water mixture in a spray bottle
4. Iron
5. X-acto blade
6. Cardboard
7. Bucket of cold water

1. Print off a stencil on regular printer paper.
2. Trace onto freezer paper, making sure you aren't drawing on the waxy side.
3. Cut out the stencil using an X-acto blade. You can also do a reverse and use pieces to create an un-bleached area surrounded by a splatter effect.
4. Set iron to medium-high heat and iron the area of the t-shirt where you want the design to make sure there aren't any wrinkles.
5. Place the stencil and iron over it to melt the wax. If you're design has smaller interior pieces, iron down the main body of the stencil before placing them in their correct place.
6. Put a piece of cardboard inside the shirt and underneath the stencil to prevent the bleach from bleeding to the other side of the shirt. Fold the rest of the shirt underneath the stencil or cover with rags to prevent overspray.
7. Spray the entire area of the stencil and blot immediately with a paper towel to soak up extra bleach. Blot any bleach that is on the freezer paper too so that it doesn't bleed through the paper.
8. Spray and blot again. Leave alone for around 5-8 minutes. You may need less depending on how you want the design to look.
9. Submerge shirt in a bucket of cold water to stop the bleaching process. Rinse a bit in the bucket if you can. After submerging, you can pull the stencil off.
10. Rinse again under a faucet to remove more of the bleach. The first time around, you will need to hand-wash the shirt separately.

In general, the follow color changes are most likely to happen. Variations can happen depending on the t-shirt brand and whether or not it's 100% cotton.

Black: Varies between beige and red/orange

Grey: Purplish-pink or darker grey

Dark Blue: Light pink

Navy: Light orange

Purple: Hot pink

Red: Yellow or white

Green: Yellow